

## CLAIMS

1. A method of regulation of iodine exchange or prophylaxis of iodine deficit, comprising the steps of providing an agent in form of iodinated organic compound containing iodinated protein and/or its low molecular component which includes at least one of the following amino acids: phenylalanine and tryptophan, and administering the agent to a patient in a quantity required for regulation of iodine exchange or prophylaxis of iodine deficit.

2. A method as defined in claim 1; and further comprising using histidin as the iodinated protein and/or its low molecular component.

3. A method as defined in claim 1; and further comprising thyrosin as the iodinated protein and/or its low molecular component.

4. A method as defined in claim 1; and further comprising using iodinated castin as the iodinated protein.

5. A method as defined in claim 1; and further comprising using iodinated lactoglobulin as the iodinated protein.

6. A method as defined in claim 1, wherein said administering includes using the agent as a component of foodstuff.

7. A method as defined in claim 1, wherein said administering includes using the agent as a component of vitaminized complex.

8. A method as defined in claim 1, wherein said administering includes using the agent as a component of mineral complex.

9. A method as defined in claim 1, wherein said administering includes using the agent as a component of a drink.